



# July 2010

Menus Subject to Change Without Notice

Milk served with meal.

723-3303



*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

## NOTICE

Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60.

Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.

## Brunch and Learn July 6

Biscuits and Gravy  
Sausage  
Fruit

1

Chicken Fried Steak  
Mashed Potatoes/  
Country Gravy  
Peas and Carrots  
Cole Slaw  
Biscuit  
Fresh Fruit

2

Oven Baked Chicken  
Scalloped Potatoes  
Italian Blend Vegeta-  
ble  
Tossed Salad  
Roll  
Banana Pudding

5

## Center Closed For Independence Day



6

Turkey Steak  
Mashed Potatoes/  
Gravy  
Broccoli/Cauliflower  
Stewed Tomato  
Biscuit  
Cook's Choice  
Dessert

7

Birthday Party  
Paprika Chicken  
Mashed Potatoes/ /  
Sour Cream Gravy  
German Blend  
Vegetable  
Roll  
Fruited Cole Slaw  
Cake and Ice Cream

8

Myer's Day  
Swiss Steak  
Noodles  
Zucchini Blend  
Tossed Salad  
Roll  
Rice Krispie Treat

9

BBQ Chicken  
Au Gratin Potatoes  
Scandinavian blend  
Fruit Cocktail  
Roll  
Sugar Cookie

12

Hamburger Noodle  
Bake  
Green/Wax Bean Blend  
Tossed Salad/White  
Beans  
Biscuit  
Fresh Fruit

13

Mini Chef's Salad  
Cook's Choice Soup  
Fruit Cup  
Muffin  
Cookie

14

Combination Burrito  
Smothered in Chicken  
Green Chili  
Green Beans  
Dry Jell-O Salad  
Corn Muffin  
Pudding

15

National Gummi Worm  
Day  
Beef Pot Pie  
Pickled Beets  
Tossed Salad  
Biscuit  
Dirt Dessert

16

Pork Roast  
Mashed Potatoes/  
Gravy  
Brussels Sprouts  
Marinated Carrots  
Sliced bread  
Raspberry Cake

19

Gillies  
Chicken Cordon Bleu  
Scalloped Potatoes  
Francais blend  
Vegetable  
Spinach Salad  
Roll  
Lemon Bar

20

Meat Loaf  
Baked Potato/Sour  
Cream  
Spinach  
Tossed Salad  
Muffin  
Fresh Fruit

21

Ham and Scalloped  
Potatoes  
Mixed Vegetable  
3 bean salad  
Muffin  
Cook's Choice Dessert

22

Sweet and Sour  
Chicken  
Steamed Rice  
Chinese Cabbage  
Salad  
Roll  
Pudding/Fortune  
Cookie

23

## Center Closed For Pioneer Day



26

Russian Chicken  
Steamed Rice  
Key Largo Vegetable  
Pea Salad  
Roll  
Fresh Fruit

27

Salisbury Steak  
Mashed Potatoes  
Key Largo Vegetable  
Carrot Raisin Salad  
Whole Wheat Roll  
Fresh Fruit

28

Shrimp Pasta Salad  
Fresh Veggies/Dip  
Oat Bran Muffin  
Citrus Fruit Cup  
Cookie

29

Beef Enchilada  
Spanish rice  
Green Beans  
Tossed Salad/Black  
Beans  
Corn Muffin  
Chocolate Pudding

30

Roast Turkey/  
Dressing  
Yams  
Summer Blend  
Vegetable  
Fruited Jello Salad  
Roll  
Strawberry Shortcake